
SKIING (CROSS COUNTRY) RULES

Age Groups / Events

Age	Events Day 1	Events Day 2	Participants Advancing to Provincial Games
55+	Women 5 km	Women 10 km	2 per Zone
60+	Women 5 km	Women 10 km	2 per Zone
65+	Women 5 km	Women 10 km	2 per Zone
70+	Women 5 km	Women 10 km	2 per Zone
55+	Men 7.5 km	Men 15 km	2 per Zone
60+	Men 7.5 km	Men 15 km	2 per Zone
65+	Men 7.5 km	Men 15 km	2 per Zone
70+	Men 7.5 km	Men 15 km	2 per Zone
75+	Men 7.5 km	Men 15 km	2 per Zone
TOTAL			18 per Zone

1. The Alberta 55 Plus Games and all sanctioned ALBERTA 55 PLUS events will follow the rules as outlined by **Cross Country Canada**. These rules can be obtained by searching www.cccski.com.
2. **General Overview:**
 - a) Each Zone will be responsible for organizing time trials for the Individual event. Each individual must enter one individual race in his/her Zone prior to the registration deadline.
 - b) Both individual and time predicted events may be offered at the Provincial Games.
3. **Skiing Techniques:**
 - a) The 'Traditional' skiing method must be used – the skier stays in the tracks and skis in a forward direction, without using a 'Skating' technique.
 - b) The 'Skating' technique is not allowed
 - c) Going uphill, the skier can use the 'Herringbone' method to climb the hill
 - d) Going downhill, the skier can use the 'Snowplow' method
4. Participants must follow the marked course from start to finish, passing all control points. They must complete the course on skis using only their own means of propulsion and without assistance from others.
5. Participants shall neither hinder nor interfere with other participants
6. Participants will start the race at one-minute intervals rather than a mass start.
7. All participants should make a reasonable effort to allow faster participants to pass. Normally slower participants should use the right track or side of the course, faster participants the left.

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8. Each participant is responsible for the equipment that they use. All equipment must conform to CCC specifications and general safety requirements and is in working order. This includes clothing as well as apparatus with technical functions.

10. For more information:

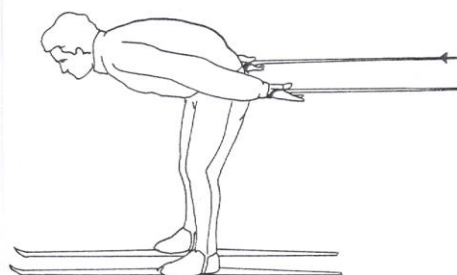
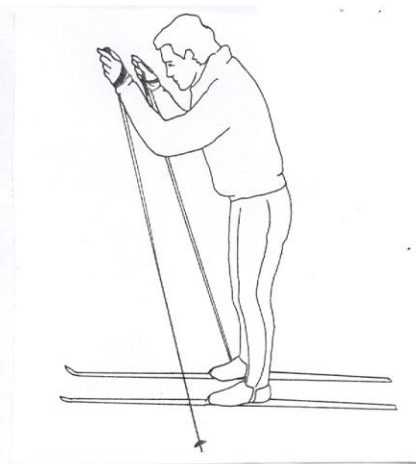
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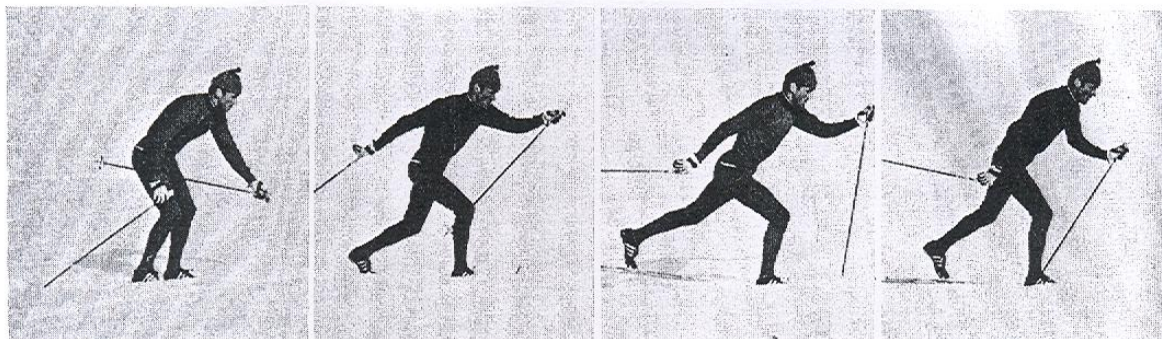
11. Techniques Outlined



TRADITIONAL METHOD



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The right leg is even with the left, which is now weighted. With a slight, rapid sinking in its knee, the left leg starts its backward kick. The right arm has started its push just before the left leg's kick.

The left leg has almost completed its kick; a gradual weight shift to the right leg starts. The right arm has finished its pole push. The left arm has almost completed its forward swing.

This is gliding: the right leg is now carrying all weight. The right arm has begun to swing forward, and the left pole is just being planted. Note the bend of the gliding knee and ankle.

The left leg now swings forward; it is still unweighted. The right arm swings forward, while the left arm exerts downward force on its pole.



The left leg is even with the right, which **now** is weighted. This phase of the stride is just opposite to that of the first picture. The right leg starts its backward kick and the left arm has started its push.

The right leg has almost completed its kick. This phase of the stride is opposite to that of the second picture. The left arm has almost completed its pole push. The right arm has almost come completely forward.

This is gliding on the left ski, just the opposite phase to the third picture. The left arm has begun to swing forward, and the right pole is just being planted.

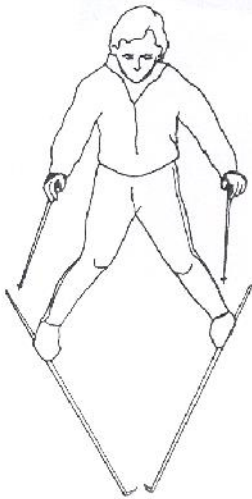
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HERRINGBONE FOR UPHILL



SKATING METHOD IS NOT ALLOWED



SNOWPLOW FOR DOWNHILL